

**PNGARUH PEMBERIAN AROMATERAPI LAVENDER TERHADAP  
KUALITAS TIDUR IBU HAMIL TRIMESTER III DI WILAYAH  
KERJA PUSKESMAS PAKISAJI**

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**INTISARI**

**Latar belakang** : Kualitas tidur merupakan seseorang terhadap kepuasan tidur sehingga orang tersebut tidak memperlihatkan perasaan lelah, mudah terangsang, gelisah, lesu, dan apatis, kehitaman di sekitar mata, kelopak mata bengkak, konjungtiva merah, perhatian terpecah, sakit kepala dan sering menguap atau mengantuk. Gangguan tidur yang dialami ibuhamil dapat menyebabkan penurunan kondisi kesehatan, penurunan konsentrasi, emosi yang tidak stabil, pegal diseluruh tubuh dan merasa tidak bersemangat.

**Tujuan penelitian** : Mengetahui Pengaruh Pemberian Aromaterapi Lavender Terhadap Kualitas Tidur Ibu Hamil Trimester III.

**Metode** : Jenis penelitian ini adalah penelitian kuantitatif dengan menggunakan desain penelitian preekspierimental dengan rancangan one group pretest posttest. Penelitian ini dilakukan di Puskesmas Pakisaji Kab. Malang, Jawa Timur pada Tahun 2023. Populasi dalam penelitian ini adalah seluruh ibu hamil yang mengalami gangguan kualitas tidur sebanyak 18 ibu hamil. Teknik pengambilan sampel ini demgan teknik *purposive sampling*. Variabel penelitian kualitas tidur diukur menggunakan *Pittsburgh Sleep Quality Index* (PSQI). Uji statistik yang digunakan yaitu uji *wilcoxon*.

**Hasil penelitian** : Hasil uji menunjukkan bahwa ada Pengaruh Pemberian Aromaterapi Lavender Terhadap Kualitas Tidur Ibu Hamil Trimester III di Wilayah Kerja Puskesmas Pakisaji Kab. Malang Tahun 2023. Hal ini dapat dilihat berdasarkan hasil analisis diperoleh nilai bivariante yang menunjukkan bahwa ada pengaruh pemberian aromaterapi lavender terhadap kualitas ibu hamil trimester III sebanyak 16 sedangkan 2 orang lainnya tidak ada pengaruh pemberian aromaterapi lavender.

**Kesimpulan** : Terdapat pengaruh yang signifikan terkit pemberian aromaterapi lavender terhadap kualitas tidur ibu hamil trimester III di Puskesmas Pakisaji.

Kata kunci : aromaterapi lavender, kualitas tidur, ibu hamil trimester III.

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# THE INFLUENCE OF LAVENDER AROMATHERAPY ON THE SLEEP QUALITY OF 3<sup>rd</sup> TRIMESTER PREGNANT WOMEN IN THE WORK AREA OF PAKISAJI COMMUNITY HEALTH CENTER

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## ABSTRACT

**Background :** Sleep quality is a person's satisfaction with sleep so that the person does not show feelings of fatigue, easily aroused, restless, lethargic, and apathetic, black around the eyes, swollen eyelids, red conjunctiva, divided attention, headaches and frequent yawning or drowsiness . Sleep disturbances experienced by pregnant women can cause a decrease in health condition, decreased concentration, emotional instability, aches all over the body and feeling uninspired.

**Research objective:** To know the effect of giving lavender aromatherapy to the sleep quality of third trimester pregnant women.

**Methods:** This type of research is a quantitative study using a pre-experimental research design with a one group pretest posttest design. This research was conducted at the Pakisaji Health Center, Kab. Malang, East Java in 2023. The population in this study were all pregnant women who experienced sleep quality disorders as many as 18 pregnant women. This sampling technique uses purposive sampling technique. Sleep quality research variables were measured using the Pittsburgh Sleep Quality Index (PSQI). The statistical test used is the Wilcoxon test.

The results of the study: The test results showed that there was an effect of giving lavender aromatherapy to the sleep quality of third trimester pregnant women in the working area of the Pakisaji Health Center, Kab. Malang in 2023. This can be seen based on the results of the analysis obtained by bivariate values which indicate that there is an effect of giving lavender aromatherapy to the quality of third trimester pregnant women as many as 16 while 2 other people have no effect of giving lavender aromatherapy.

**Conclusion:** There is a significant effect of giving lavender aromatherapy to the sleep quality of third trimester pregnant women at the Pakisaji Health Center.

**Keywords:** lavender aromatherapy, sleep quality, third trimester pregnant women.

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